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# LIST OF BOOKS ON THE PREVENTION OF DISEASE

ISSUED BY THE

Council on Health and Public Instruction

OF THE

American Medical Association

Compiled by the Committee on Medical Literature

OF THE

Committee on Public Health Education  
Among Women

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Pamphlet No. 6

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AMERICAN MEDICAL ASSOCIATION  
FIVE HUNDRED AND THIRTY-FIVE NORTH DEARBORN STREET  
CHICAGO



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# LIST OF BOOKS ON PREVENTION OF DISEASE

## EUGENICS

**Davenport, C. B., M.D.** Heredity in Relation to Eugenics. Henry Holt & Co., New York, 1911. 271 pp. Index, appendix, illustrated, extensive bibliography.

One of the most important publications on this subject. For students, scientists and the general public.

**Dawson, George E.** The Right of the Child to Be Well Born. Funk & Wagnalls Company, New York, 1912. 144 pp.

Important eugenic considerations.

**Dugdall, Robert L.** The Jukes. G. P. Putnam's Sons, New York and London, 1911. Fourth edition. 121 pp. Index, 121.

An interesting and valuable study of heredity.

**Ellis, Havelock.** The Problem of Race-Regeneration. Moffat, Yard & Co., New York, 1911. 67 pp.

An important book suited only to mature minds. Some of the author's opinions not universally accepted.

**Foerster, F. W.** Marriage and the Race. F. A. Stokes Company, New York, 1913. 477 pp. Index.

Written from highest standpoint, but opposed to full sexual instruction of the young. It is intended for mature minds; not for general public.

**Forbush, William B.** The Coming Generation. D. Appleton & Co., New York, 1912. xix-402 pp. Index, 391-402. Bibliography, 366-390.

An account of the different forces working for the betterment of the American young.

**Goddard, Henry Herbert.** The Kallikak Family: A Study in the Heredity of Feeble-Mindedness. Macmillan Company, New York, 1912. xv-121 pp. Illustrated.

A book of remarkable interest and value.

**Gorst, Sir John E.** The Children of the Nation. E. P. Dutton & Co., New York, 1907. x-297. Index, 293-297.

An excellent book on conditions in England.



**Kellicott, William S.** The Social Direction of Human Evolution. D. Appleton & Co., New York, 1911. xiii-249 pp. Index, 243-249. Illustrated.

The scientific principles and theory of eugenics in non-technical language.

**Pearson, Karl, F.R.S.** Nature and Nurture; The Problem of the Future. Dulau & Co., London, 1910. 31 pp.

Outlining of important problems of inheritance and environment.

**Saleeby, Caleb Williams, M.D.** Parenthood and Race Culture. Moffat, Yard & Co., New York, 1909. xv-389 pp. Index, 377-389.

A study of the future of the race.

The Methods of Race-Regeneration. Moffat, Yard & Co., New York, 1911.

A summary of the principles and aims of eugenics. Intended for the general public.

Woman and Womanhood. Mitchell Kennerly, New York, 1911. 398 pp. Index, 395-398.

The saving of children through their mothers.

**Smith, Nellie M., A.M.** The Three Gifts of Life: A Girl's Responsibility for Race Progress. Dodd, Mead & Co., New York, 1913. 138 pp.

One of the best books of its kind.

**Walter H. E.** Genetics. Macmillan Company, New York, 1913. 272 pp. Index. Bibliography, 26 pp. Illustrated.

Adapted to schools, colleges and general public. Popular and scholarly.

**Whetham, W. C. D. and C. D.** The Family and the Nation: A Study in Natural Inheritance and Social Responsibility. Longmans, Green & Co., New York and London, 1909. viii-233 pp. Index, 231-233. Illustrated. Bibliography.

Profound topics discussed in lucid, interesting style.

**Winship, A. E.** Jukes-Edwards, A Study in Education and Heredity. R. L. Myers & Co., Harrisburg, Pa., 1909. 88 pp.

**Von Hoffman, Geza.** Dis Rassenhygiene in den Vereinigten Staaten von Nordamerika (Eugenics in the United States). J. F. Lehmann, Munich; 1913. xii-237 pp. Index, 236-237. Illustrated. Bibliography, general and alphabetical, 154-235.

A book of great interest and importance with a very valuable bibliography.

## CHILD HYGIENE

**Ayres, Leonard P.** Outdoor Schools. Doubleday, Page & Co., New York, 1910. xvii-171 pp. Index, v-vii. Illustrated. Bibliography, 159-171.

Successful experiments in this country, England and Germany.

**Bancroft, Jessie Hubbell.** The Posture of School Children, with Its Home Hygiene and New Efficiency Methods for School Training. Macmillan Company, New York, 1913. 327 pp. Bibliography. Illustrated.

Most valuable to all who have care of young children.

**Barry, W. F.** Hygiene of the Schoolroom. Silver, Burdett & Co., New York, 1904. 195 pp. Index, 193-195.

Excellent suggestions and warnings.

**Birney, Mrs. T. W.** Childhood. F. A. Stokes Company, New York, 1905. 254 pp. Index.

Unusually wise, sane suggestions chiefly from the ethical and moral standpoint.

**Burbank, Luther.** The Training of the Human Plant. The Century Company, New York, 1909. 99 pp.

Good advice to parents.

**Campbell, H. Y., M.D.** Practical Motherhood. Longmans, Green & Co., London and New York, 1910. xx-535 pp. Index, 523-535. Illustrated.

Good practical suggestions for the care of children in health and disease.

**Chance, Mrs. Burton.** The Care of the Child. Penn Publishing Company, Philadelphia, 1909. 242 pp. Index, 239-342. Illustrated.

Excellent advice evidently the result of wise personal experience.

**Clock, Ralph Oakley.** Our Baby. D. Appleton & Company, New York, 1912. xvii-193 pp. Illustrated.

A concise, practical guide for mothers in care and feeding of infants and young children.

**Clopper, Edward Nicholas.** Child Labor in City Streets. Macmillan Company, New York, 1912. 280 pp. Bibliography, 245-254.

An excellent general review of the subject.

**Coolidge, Emelyn Lincoln, M.D.** The Mother's Manual. Barnes & Co., New York, 1909. 263 pp. Index, 253-263.

Excellent, simple and practical.

**Cornell, Walter I., M.D.** Health and Inspection of School-children. Davis, Philadelphia, 1913. xiv-614 pp. Index, 607-614. Illustrated.

One of the standard books on the subject.

**Denison, Elsa.** Helping Schoolchildren. Harper & Bros., New York, 1912. 349 pp. Illustrated.

Devoted to suggestions for efficient cooperation with public schools.

**Dennett, Roger H., M.D.** The Healthy Baby. Macmillan Company, New York, 1912. 235 pp. Index, bibliography, tables and memoranda.

An excellent book with the authority of long experience, good judgment and sound knowledge.

**Dressler, Fletcher, B., Ph.D.** School Hygiene. Macmillan Company, New York, 1913. 329 pp. Illustrated.

Contains much information carefully collected. Adapted to use of teachers.

**Fischer, Louis, M.D.** The Health-Care of the Baby. Funk & Wagnalls Company, New York and London, 1912. Third edition. xi-148 pp. Index, 143-148. Illustrated.

A good guide for mother or nurse.

**Fisher, Dorothy Canfield.** A Montessori Mother. Henry Holt and Company, New York, 1912. xii-240 pp. Index, illustrated.

Impressions of the system as seen in Italy by an American mother.

**Gray, Thomas N., M.D.** Common Sense and the Baby. Berwick Press, New York, 1907. 94 pp. Index.

Simple nursery talks with mothers.

**Griffith, J. P. Crozer, M.D.** The Care of the Child. W. B. Saunders Company, Philadelphia, 1911. Fifth edition. 455 pp. Index, 441-455. Illustrated.

A reliable guide for mothers and nurses.

**Gulick and Ayres.** Medical Inspection of Schools. Survey Associates, Inc., New York, 1913. Fourth edition. 224 pp. Bibliography, 203-206. Illustrated.

A standard book giving the widest information on the subject.

**Hall, G. Stanley, Ph.D.** Aspects of Child Life and Education. Ginn & Co., Boston, 1907. xi-326 pp. Index, 323-326. Bibliography, 322; titles, 14.

A book for educators and parents founded on many years' scientific study and training of children.



**Hirschberg, Leonard Keene, M.D.** What You Ought to Know about Your Baby. Butterick Publishing Company, New York, 1910. 97 pp.

Elementary instruction with questions and answers for mothers.

**Holt, L. Emmett, M.D.** The Care and Feeding of Children. D. Appleton & Co., New York, 1907. 192 pp.

One of the standard books on the subject. Valuable advice clearly given in form of questions and answers.

**Hutchinson, Woods, M.D.** The Child's Day. Houghton, Mifflin Company, Boston, 1912. viii-184 pp. Illustrated.

For school use with questions.

**Kerley, Charles Gilmore, M.D.** Short Talks with Young Mothers. G. P. Putnam's Sons, New York, 1909. xviii-327 pp. Index, ix-xviii. Illustrated.

Excellent in scope and attention to detail.

**Kilmer, T. W., M.D.** Practical Care of the Baby and Young Child. Davis, Philadelphia, 1912. xiv-156 pp. Index, 153-156. Illustrated.

Gives important details often overlooked.

**Kirkpatrick, Edwin A.** The Fundamentals of Child Study. Macmillan Company, New York, 1904. xxi-384 pp. Index, 379-384. Bibliography 377.

Contains the more general permanent and practical truths and is adapted for teachers, students and intelligent parents.

**Montessori, Maria, M.D.** Pedagogical Anthropology. F. A. Stokes Company, New York, 1913. 477 pp. Index. Illustrated. Tables of measurements, weights.

A book of the highest value from the educational, hygienic and scientific standpoints. For educators, parents and the general public.

The Montessori Method. F. A. Stokes Company, New York, 1912. Illustrated. xlii-377 pp.

Extremely valuable and interesting, describing a method of wonderful possibilities for children.

**Nearing, L.** The Child Labor Problem. Moffat, Yard & Co., New York, 1911. 145 pp.

Shows need of fundamental reform.

**Rowe, Stuart H.** The Physical Nature of the Child. Macmillan Company, New York, 1899. xlv-207 pp. Index, 197-207. Bibliography, 189-196. Classified.

A valuable book showing admirable observation and knowledge of the subject. Suitable for all having care of children.

**Sill, E. Mather, M.D.** *The Child: Its Care, Diet and Common Ills.* Henry Holt & Co., New York, 1913. viii-207 pp. Index, 203-207.

Excellent, simple, practical.

**Smith, Theodate L.** *The Montessori System in Theory and Practice.* Harper Bros. & Co., New York, 1912. 78 pp. Illustrated.

A description of the system by an observer of its working.

**Steven, Edward Millar, M.B., C.H.M.** *Medical Supervision in Schools.* Chicago Medical Book Company, 1910. 268 pp. Illustrated.

Good review of the subject.

**Tweddell, Francis P., M.D.** *A Mother's Guide.* J. T. Dougherty, New York, 1911. 182-ix pp. Index, i-ix. Illustrated.

Good condensed directions and warnings.

**Wood-Allen, Mary, M.D.** *Making the Best of Our Children.* A. C. McClurg and Co., Chicago, 1909. 10-254 pp.

### **Pamphlets, Circulars, Reprints**

**The Colorado Humane Society, Denver.** Monthly Pamphlets on Child and Animal Protection.

The Colorado Law, May, 1909.

The First Year of Physical Examination in Schools. No. 27, 1910.

**Department of Health, New York City.** Circulars in different languages on Care of Babies.

**Department of Public Health, Pittsburgh, Pa.** Circulars in English, German and Hebrew on Care of Babies in Hot Weather.

**Freundlich, D. B., M.D.** *The Coming Race. Supervision of Children During Primary Dentition.* *New York Medical Times*, November, 1909.

**International Congress Hygiene and Demography.** Transactions Seventh Congress, 1891.

Some of the Laws which Influence the Growth of Children. W. Arbuthnot Lane, M.D.

Jacoby, Geo. W., M.D. The Montessori Method from a Physician's Viewpoint. Reprint from *Medical Record*, April 18, 1913.

Kerley, Charles Gilmore, M.D. Demands of Child by Virtue of Right. *THE JOURNAL A. M. A.*, Chicago, July 9, 1904.

Manhattan School of Preventive Medicine and Home Hygiene, Manhattan Building, Chicago. Extension Lecture. The Home Prevention of the Gastro-Intestinal Diseases of Childhood. Frank B. Earle, M.D.

Massachusetts Board of Health. Annual Report, 1877.  
The Growth of Children. Henry P. Bowditch, M.D.

McMurtrie, Douglas C. The Care of Crippled Children in the United States. *American Journal of Orthopedic Surgery*, May, 1912.

The Education of Crippled Children in the United States. *School Hygiene*, London, 1912, Vol. iii, 17-23.

Taylor, J. Madison, M.D. Economics of Development. *Woman's Medical Journal*, Cincinnati, Ohio, March, 1911.

United States Bureau of Education, Bulletin 17. The Montessori System of Education. Anna Tolman Smith.

## ABNORMAL CHILDREN

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**Ayres, Leonard P.** Laggards in Our Schools. Charities Publishing Company, New York, 1909. xv-236 pp. Index, 223-236. Illustrated.

A careful study of the subject by a competent observer.

**Barr, Martin L., M.D.** Mental Defectives. P. Blakiston's Sons & Co., Philadelphia, 1904. x-17-368. Index, 349-368. Illustrated. Bibliography, 338-347.

Comprehensive treatment of the subject in terms suitable for the general reader.

**Lapage, C. Paget, M.D.** Feeble-Mindedness in Children of School Age. University Press, Manchester, England, 1911. viii-359 pp. Index, 347-359. Bibliography, 335-345.

A valuable book by one of the foremost authorities on the subject.

### Pamphlets, Circulars, Reprints

**Hedger, Caroline, M.D.** Physical Examination of Below Grade Children, *Illinois Medical Journal*, June, 1909.

**Williams, Tom A., M.B., C.M.** Psycho-Prophylaxis in Childhood, *Pacific Medical Journal*, February, 1910.

Nervousness and Education. The Rôle of the Teacher, *American Physical Education Review*, November, 1910.

Genesis of Hysterical States in Childhood, and Their Relation to Tears and Obsessions, *British Journal of Children's Diseases*, February, 1911.



## PERSONAL HYGIENE

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**Bainbridge, William S., M.D.** *Life's Day.* F. A. Stokes & Co., New York, 1909. xviii-308 pp. Index, 291-308.

Advice for the hygienic conduct of life from the standpoints of Heredity, Environment and Function.

**Bell, V. C., DD.S.** *Our Teeth: How to Take Care of Them.* Young American Publishing Company, New York, 1901. 79 pp.

Written in popular style for elementary class work, or general reading for young children.

*Popular Essays upon the Care of the Teeth and Mouth.* Bell, New York, 1894. 112 pp. Illustrated.

Good practical advice given in popular style.

**Bryce, A., M.D.** *Laws of Life and Health.* J. B. Lippincott & Co., Philadelphia, 1910. xiv-421 pp. Index, 407-421. Illustrated.

An excellent book covering a wide range of topics in clear and simple language. For the general public.

**Cavanagh, F.** *Care of the Body.* E. P. Dutton, New York, 1907. xvi-292 pp. Index, 285-292.

A wide range of important topics treated in an interesting individual style.

**Curtis, Edward, M.D., A.M.** *Nature and Health.* Henry Holt & Co., New York, 1906. ix-313 pp. Index, 309-313.

Good reliable information upon a great variety of health topics, in very popular entertaining style. For the general public.

**Ditman, Norman E., M.D.** *Home Hygiene and Prevention of Disease.* Duffield & Co., New York, 1912. 333 pp. Index, 319-333.

Good practical advice for the household.

**Egbert, Seneca, M.D.** *A Manual of Hygiene and Sanitation.* Macmillan Company, New York, 1912. 508 pp. Index, 495-508. Illustrated.

A trustworthy manual of essential information.

**Gulick, Luther H., M.D.** *The Efficient Life.* Doubleday, Page & Co., New York, 1909. lxi-195 pp. Index, lx.

Simple, commonsense directions for efficiency through health of mind and body.

**Honan, J. H., M.D.** What Heart Patients Should Know and Do. Dodd, Mead & Co., New York, 1913. 204 pp.  
Simple, clear advice.

**Kober, George W., M.D.** Industrial and Personal Hygiene. Supt. Documents, Washington, D. C. 8-175 pp. Index, 171-175.

A valuable collection of papers on many hygienic problems.

**Marshall, John Sayre, M.D.** Mouth Hygiene and Mouth Sepsis. J. B. Lippincott & Co., Philadelphia, 1912. 262 pp.  
Excellent discussion of subject. Shows dangers of neglect of children's mouths.

**Pusey, William Allen.** The Care of the Skin and Hair. D. Appleton & Co., New York, 1912. xl-182. Index, 175-182.

Valuable practical directions.

**Pyle, Walter L., M.D.** A Manual of Personal Hygiene. American Authors, edited by W. L. Pyle, M.D. Saunders, Philadelphia, 1912. Fifth edition. 516 pp. Appendix, index, glossary, illustrated.

A collection of excellent articles by foremost medical writers. Clear, simple style combined with scientific accuracy.

**Sadler, William S.** The Science of Living or the Art of Keeping Well. A. C. McClurg, Chicago, 1910. xl-420 pp. Index, 387-420. Illustrated.

General hygienic advice. Good, simple, practical.

**Schofield, Alfred Taylor.** Health for Young and Old. G. P. Putnam's Sons, New York, 1911. 300 pp. Index, 291-300.

Sensible commonsense advice adapted to the general public.

**Terman, Lewis M.** The Teacher's Health. The Hygiene of an Occupation. Houghton, Mifflin & Co., New York, 1913. 136 pp. Index. Bibliography.

Very good and practical.

**Walker, Emma E., M.D.** Beauty Through Hygiene. A. S. Barnes & Co., New York, 1904. 306 pp. Index, 295-306. Illustrated.

Good, practical suggestions and cautions.

**Woodworth, Prof. R. S.** The Care of the Body. Macmillan Company, New York, 1912. 359 pp. Index.

Very excellent. One of the best books on the subject for the general public.

## THE EYE AND THE EAR

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**Cohn, Herman, M.D.** The Hygiene of the Eye in Schools. Simpkin, Marshall & Co., London, 1886. 236-vii pp. Bibliography, i-vii. Illustrated.

Partly technical, but contains valuable practical advice and reasoning.

**Davis and Douglas.** Nursing in the Eye, Ear, Nose and Throat Diseases. F. A. Davis Company, Philadelphia, 1905. xv-318 pp. Index, 309-318. Illustrated.

Of value to the home nurse as well as the professional.

**Love, James Kerr.** The Deaf Child. Wm. Wood & Co., New York, 1911. vi-192 pp. Index, 189-192. Illustrated.

A description of the latest methods in education and training.

**Reik, Henry O., M.D.** Safeguarding the Special Senses. F. A. Davis Company, Philadelphia, 1912. 123 pp. Index. 119-123. Illustrated.

Importance to child of care of eye, ear, nose and throat.

**Yearsley, Macleod.** Injuries and Diseases of the Ear. Rebsman Publishing Company, London, 1897. 40 pp.

Warns against common dangerous practices.

### Pamphlets, Circulars, Reprints

**Alger, Ellice M.** Conservation of Vision. Transactions of the Illuminating Engineering Society of New York, 1911.

**American Society of Sanitary and Moral Prophylaxis,** April 8, 1909.

Blindness of the New-Born and Its Prevention, by Charles Stedman Bull, M.D., J. Clifton Edgar, M.D., and Prince A. Morrow, M.D.

**Manhattan School of Preventive Medicine,** Manhattan Building, Chicago.

Extension Lecture: Ear, Nose, Throat, Jacob F. Burkholder, M.D.

**McMurtrie, Douglas C.** The Conservation of Vision, published by the author. New York, 1911. 43 pp.

## HYGIENE OF WOMEN

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**Currier, A. F., M.D.** *The Menopause.* D. Appleton & Co., New York, 1897. xvi-309 pp. Index, 285-309. Bibliography.

A careful consideration of the subject from all points of view.

**Dodge, Grace H.** *A Bundle of Letters to Busy Girls.* Funk & Wagnalls Company, New York. 138 pp.

Good advice in intimate language.

**Galbraith, Anna M., M.D.** *Four Epochs of a Woman's Life.* W. B. Saunders Company, Philadelphia, 1903. 244 pp.

Excellent instruction as to puberty, marriage, motherhood and the menopause.

*Personal Hygiene and Training for Women.* W. B. Saunders Company, Philadelphia, 1911.

Valuable practical advice.

**Giles, A. E., M.D.** *Menstruation and Its Disorders.* Bailliere, Tindall & Co., London, 1901. 100 pp. Index, 98-100.

A concise and practical treatise on the function, in health and disease.

**Gordon, H. L., M.D.** *The Modern Mother.* Fenno & Co., New York, 1909. x-278 pp. Index, 271-278. Illustrated.

Comprehensive treatment of subject with considerable space given to girlhood of mother.

**Jacobi, Mary Putnam, M.D.** *The Question of Rest for Women During Menstruation.* G. P. Putnam's Sons, New York, 1886. 232 pp. Index. Illustrated. Bibliography.

A comprehensive and thorough consideration of the subject.

**Latimer, Carolyn, M.D.** *Girl and Woman.* D. Appleton & Co., New York, 1910. xviii-331 pp. Index, 319-331.

Excellent common-sense advice.

*The Changing Girl.* F. H. Revell & Co., New York, 1912. 61 pp.

Useful information in clear simple language. Emphasizes the importance of period between childhood and maturity.

**Mosher, Eliza Maria.** *Health and Happiness: A Message to Girls.* Funk & Wagnalls Co., New York, 1913. xxii-203 pp. Index. Illustrated.

Good practical advice in popular language.



**Newton, Annie Barrett.** *Mother and Baby.* Lothrop, Lee & Shephard, Boston, 1912. 238 pp. Illustrated.

Excellent advice very clearly stated.

**Rummel, Luella Z.** *Womanhood and Its Development.* Burton Publishing Company, Kansas City, Mo., 1912.

Facts well put in simple language.

**Slemons, J. Morris, M.D.** *The Prospective Mother: A Handbook for Women During Pregnancy.* D. Appleton & Co., New York, 1912. 343 pp. Index, 335-343.

Clear, definite advice given in reassuring fashion.

**Solis-Cohen, Myer, M.D.** *The Blue Book for Girl, Wife and Mother.* John C. Winston Company, Philadelphia, 1911. 252 pp.

Very clear, simple and good advice on a wide range of topics.

*Woman.* John C. Winston Company, Philadelphia, 1908. xxii-469 pp. Index, 441-469. Illustrated.

One of the most comprehensive books on woman as child, wife and mother.

**Spaeth, L. A., M.D.** *Coming Motherhood.* Grace Pub. Co., Philadelphia, 1907. 93 pp. Index, 91-93. Illustrated.

A condensed, thoroughly practical guide for young mothers.

**Stephens, Margaret.** *Women and Marriage.* F. A. Stokes Company, New York, 1911. xvi-294 pp. Index, 287-294.

Excellent in scope and treatment.

#### **Pamphlets, Circulars, Reprints**

**Broadhead, George L., M.D.** *Hygiene of Pregnancy.* *Woman's Medical Journal*, Cincinnati, March, 1910.

**Galbraith, Anna M.** *Are the Dangers of the Menopause Natural or Acquired?* *American Gynecological and Obstetrical Journal*, October, 1899.

**Goffe, J. R., M.D.** *Physiological Functions of Menstruation.* *Medical Record*, New York, May, 1904.

**Manhattan School of Preventive Medicine,** Manhattan Building, Chicago. Extension Lectures:

Gynecology, Thomas J. Watkins, M.D.

The Hygiene of Childbearing, Prof. William Rittenhouse, M.D.

**Morton, Rosalie Slaughter, M.D.** Effects of Industrial Strain on the Working Woman. Reprint from the *American Journal of Obstetrics*, vol. lxvii, 1913. William Wood & Co., New York.

**Smart, Isabelle T., M.D.** Relation of Women in Industry to Child Welfare, *Woman's Medical Journal*, Cincinnati, March, 1911.

## SOCIAL HYGIENE

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**Bisseker, H.** When a Boy Becomes a Man. F. H. Revell & Co., New York, 1912. 46 pp.

One of the Edward Bok Books of Self-Knowledge for Young People and Parents.

**Blackwell, Elizabeth, M.D.** Essays in Medical Sociology. Ernest Bell, London, 1902. 2 vols.

Valuable prophylactic teaching on Sex Hygiene makes these essays of permanent value, notwithstanding mistaken views on animal experimentation, etc.

**Chapman, Mrs. Rose Wood-Allen.** The Moral Problem of the Children. Mary Wood-Allen Fund Committee, New York, 1909, 95 pp.

**Chapman, Mrs. Rose Wood-Allen.** How Shall I Tell My Child? F. H. Revell & Co., New York, 1912. 62 pp.

One of the Edward Bok Books of Self-Knowledge for Parents and Young People.

**Densmore, Emmett, M.D.** Sex Equality. Funk & Wagnalls Co., New York, 1907. 390 pp. Index, 383-390.

Evolution of sexual characters and functions described as scientific principles but in popular language.

**Dock, Lavinia, R. N.** Hygiene and Morality. G. P. Putnam's Sons, New York, 1910. v-200. Index, 195-200. Bibliography.

A valuable and instructive book for the adult general public.

**Ellis, Havelock.** The Task of Social Hygiene. Houghton, Mifflin Company, New York, 1913. xv-414. Index, 407-414.

A highly important work, but more suitable for students and scientists than the general public, as opinions are divided on some of the points discussed and many would disagree with the author's conclusions.

**Hall, G. Stanley, Ph.D.** Adolescence and Psychology. (2 vols.) D. Appleton & Co., New York, 1904. vi-784 pp. Indexes (sub.), 749-763, (names), 765-784.

Coordinated results of researches in a difficult field. Suitable for advanced minds.

**Hall, Winfield Scott.** Instead of "Wild Oats." F. H. Revell & Co., New York, 1912. 62 pp.

One of the Edward Bok Books of Self-Knowledge for Young People and Parents.

**Henderson, Charles Richmond.** Education with Reference to Sex. (2 vols.) University of Chicago Press, 1909. Vol. I. 74 pp. Vol. II. 89 pp. Index. Bibliography.

Valuable information for the guidance of teachers with regard to the necessity and best method of sex instruction.

**Irving, Margaret.** Nature's Truths Told to a Little Maid. The Bookery Company, New York, 1912. 59 pp.

Intended for the use of the mother with very young children. Pure and unobjectionable in tone.

**Janney, O. Edward, M.D.** The White Slave Traffic in America. National Vigilance Committee, 1891. 201 pp. Index, 199-201.

**Lowry, Edith B., M.D.** False Modesty. Forbes & Co., Chicago, 1912. 110 pp.

A plea for the early instruction of children.

Truths: Talks with a Boy Concerning Himself. Forbes & Co., Chicago. 95 pp.

Elementary instruction in sex hygiene.

Confidences: Talks to a Young Girl. Forbes & Co., Chicago, 1910. 94 pp.

First instruction in the origin of life.

**Lyttleton, Rev., The Hon. E.** Training of the Young in Laws of Sex. Longmans, Green & Co., New York, 1900. 4th ed. ix-117.

One of the best books on this subject.

**Morley, Margaret.** A Song of Life. A. C. McClurg & Co., Chicago, 1891. 155 pp. Illustrated.

Description of origin of life. A fascinating story for young children.

Life and Love. A. C. McClurg & Co., Chicago, 1895. 214 pp. Illustrated.

Further facts of origin and development in clear, simple language. Accurate statements with no morbid suggestion. For young children.

The Spark of Life. F. H. Revell & Co., New York, 1912. 62 pp.

One of the Edward Bok Books of Self-Knowledge for Young People and Parents.

**Morrow, Prince A., M.D.** Social Diseases and Marriage. Lea & Febiger, Philadelphia, 1904. 390 pp. Index, 387-390.



Thorough discussion of subject by well-qualified authority.

**Muncie, Elizabeth H., M.D.** Four Epochs of Life. Greaves Publishing Company, New York, 1910. xv-272 pp.

Social hygiene in family life described in narrative form. Elevated and refined in tone.

**Oppenheim, James.** Wild Oats. Huebsch, New York, 1910. Social hygiene taught by means of a narrative.

**Smart, Isabelle T., M.D.** What a Mother Should Tell Her Little Girl. What a Mother Should Tell Her Daughter. What a Father Should Tell His Little Boy. What a Father Should Tell His Son. Bodmer Publishing Company, New York, 1911.

Tell facts of life in simple, clear language from a wholesome standpoint.

**Stall, Sylvanus.** The Social Peril. Vir Publishing Company, Philadelphia, 1905. 325 pp. References.

Simple, clear statement of fact in popular style.

**Thomson (Prof. J. A.) and Geddes (Prof. Patrick).** Problems of Sex, Moffat, Yard & Co., New York.

Remarkably well-balanced discussion of subject from highest ethical standpoint. For adult readers.

**Torelle, Ellen.** Plant and Animal Children and How They Grow. D. C. Heath, New York, 1912. lv-230 pp. Index, 224-230. Illustrated.

One of the best books for elementary instruction by parents.

**Warbosse, James Peter, M.D.** Medical Sociology. D. Appleton & Co., New York, 1909. xviii-353. Index, 349-355.

Important medical and sociological topics clearly presented in a vigorous original manner.

**Wile, Ira S.** Sex Education. Duffield & Co., New York, 1912. 143 pp. Bibliography, 62 titles.

Comprises briefly some of the best and most wholesome ideas on this subject. Intended especially for parents.

**Wood-Allen, Mary, M.D.** Ideal Married Life. F. H. Revell, New York, 1901. 438 pp. Index, 429-438.

Written from a fine standpoint as a preparation for marriage.

**Bloch, Dr. Iwan.** Die Prostitution. Erster Band. Louis Marcus, Berlin, 1912. xxxvi-870. Classified Index, 827-870.

The first volume of an important work, which aims to treat the subject exhaustively, from an historical and basic standpoint.

### **Pamphlets, Circulars, Reprints**

#### **American Federation of Sex Hygiene.**

Sex Education in Schools and Colleges. Report of Special Committee, Prof. Thomas M. Balliet, Prof. Maurice E. Bigelow and Dr. Prince A. Morrow, *Social Diseases*, New York, January, 1913.

#### **American Vigilance Association, 156 Fifth Avenue, New York.**

Leaflets by Dr. Mary Wood-Allen.

#### **Chicago Society of Social Hygiene, 32 N. State Street, Chicago. Circulars:**

No. 2. Self-Protection. Sexual Hygiene for Young Men. No. 3. Family Protection. No. 4. Community Protection.

#### **Manhattan School of Preventive Medicine and Home Hygiene, Manhattan Building, Chicago, 1902.**

The Social Evil and Its Relation to Social and Sex Hygiene. Extension Lecture, Dr. Frank G. Lydston.

#### **Massachusetts Boards of Health. Circulars on Sex Hygiene, 309 Ford Building, Boston.**

No. 1. For Young Men. No. 3. For Young Women.

#### **Morton, Rosalie Slaughter, M.D. A Higher Standard of Morality. *Woman's Medical Journal*, Cincinnati, January, 1910.**

Physical and Moral Health During Adolescence. Reprint from Proceedings of Sixth Triennial, Philadelphia, 1911, Council of Jewish Women, 448 Central Park West, New York.

#### **Pennsylvania Society for the Prevention of Social Diseases.**

Circular of Information for the Protection of American Women and Children, Robert N. Willson, Jr., M.D.

#### **Society of Sanitary and Moral Prophylaxis, 105 W. Fortieth Street, New York.**

Social Diseases. A Quarterly Magazine. Educational Pamphlets:

No. 1. The Young Man's Problem, Prince A. Morrow, M.D.

No. 2. Instruction in Physiology and Hygiene of Sex for Teachers.

No. 4. The Boy Problem. For Parents and Teachers, Prince A. Morrow, M.D.

No. 5. How My Uncle, the Doctor, Instructed Me in Matters of Sex, Max Oker-Blom.

No. 6. Health and the Hygiene of Sex, for College Students.

The Sex Problem, Prince A. Morrow. M.D.

Eugenics and Racial Poisons, Prince A. Morrow, M.D.

The Sexual Necessity, William H. Howell, M.D., and Edward L. Keyes, M.D.

**Woman's Society for the Prevention of Crime. Education Committee, 101 W. Eightieth Street, New York.**

Bibliography on Sex Hygiene.

## MENTAL AND NERVOUS HYGIENE

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**Ash, Edwin, M.D.** Nerves and the Nervous. Mills & Boon, London, 1911. i-239 pp. Index. Table of Contents.

Excellent advice from a non-technical standpoint.

**Clouston, T. S., M.D.** The Hygiene and the Mind. E. P. Dutton & Co., New York, 1907. xxiii-284 pp. Index, 273-284.

Subject treated from a broad comprehensive standpoint without technicality and with much charm of style.

Unsoundness of Mind. E. P. Dutton & Co., New York, 1911. xxxi-360 pp. Index, 347-360. Illustrated.

An important book. Subject widely discussed in clear, fascinating style.

**Collins, Joseph, M.D.** The Way with the Nerves. G. P. Putnam's Sons, New York, 1911. vi-313 pp. Index, v-vi.

Popular discussion of many disturbed, nervous conditions in the form of letters.

**Dubois, Paul, M.D.** Nervous States, Their Nature and Causes, Funk & Wagnalls, New York, 1910. 101 pp. Index.

Condensed statement of original and enlightened conceptions of nervous conditions and treatment.

The Education of Self. Funk & Wagnalls, New York, 1911. 349 pp.

Wise, sane advice.

The Psychic Treatment of Nervous Diseases. Funk & Wagnalls Co., New York, 1905. ii-461 pp. Index, 3-9, 463-466.

One of the most important books on mental hygiene. Fascinating in style without technicality. It is of value to general public as well as to students.

Self-Control and How to Secure It. Funk & Wagnalls Co., New York, 1909. 337 pp.

Valuable advice and convincing reasoning presented with great charm of style.

**Forel, August, M.D.** Hygiene of Nerves and Mind in Health and Disease. G. P. Putnam's Sons, New York, 1907. x-343 pp. Index, 337-343.

A beautifully lucid statement of scientific facts. A valuable book.



**Gulick, Luther H., M.D.** *Mind and Work.* Doubleday, Page & Co., New York, 1909. ix-201 pp. Index, ix.  
Valuable lessons in true self-control.

**Holmes, Arthur.** *The Conservation of the Child.* J. B. Lippincott Co., Philadelphia, 1912. 345 pp. Bibliography, 343-345. Illustrated.

Excellent discussion from psychological standpoint for psychological workers, teachers and general public. Tests, classifications and illustrated cases.

**Jacoby, Gen. W., M.D.** *Suggestion and Psychotherapy.* Scribner's, New York, 1912. xiv-355 pp. Index, 351-355. Bibliography, 347-349.

Clear, comprehensive treatment of subject. Of value both to physicians and general public.

**Munsterberg, Hugo.** *Psychology and Industrial Efficiency.* Houghton, Mifflin Company, New York, 1913. 321 pp. Index, 319-321. Bibliography, 313-316.

Very important and valuable for both scientists and general public.

**Partridge, G. E.** *Studies in the Psychology of Intemperance.* Sturgis & Walton, New York, 1912. 275 pp. Index, 271-275. Bibliography, 267-269.

Wide discussion of the subject for educators, social workers and the general public.

*The Nervous Life.* Sturgis & Walton, New York, 1911. vii-216 pp. Index.

Wide discussion. Gives practical advice.

**Payot, Jules, M.D.** *The Education of the Will: The Theory and Practice of Self-Culture.* Funk & Wagnalls Company, New York, 1900. xxix-424 pp. Index, v-vi. Bibliography.

Excellent practical directions for mental health.

**Ribot, Th., M.D.** *The Psychology of the Emotions.* Scribner, New York, 1897. xiv-455 pp. Index, 445-455.

Scholarly and scientific, but in so clear and luminous a style as to be suited to general public.

**Saleeby, C. W., M.D.** *Worry, the Disease of the Age.* F. A. Stokes & Co., New York, 1907. xi-311 pp. Index, 303-311.

Written from a sane, healthy standpoint.

**Thomson, William H., M.D.** *Brain and Personality.* Dodd, Mead & Co., New York, 1906. 320 pp. Index. Illustrated.

Development and functions of intellect and nervous system described in clear, simple style.

Walton, G. L., M.D. *Those Nerves*. J. B. Lippincott Company, Philadelphia, 1909. 203 pp. Index, 199-203.

Treats subject from a popular general standpoint.

Why Worry. J. B. Lippincott Company, Philadelphia, 1908. 275 pp. Index, 271-275.

An unpretentious book with an excellent viewpoint.

#### Pamphlets, Circulars, Reprints

Garrigues, Evelyn, M.D. Some of the Causes and Prevention of Nervous Diseases. *Woman's Medical Journal*, Cincinnati, April, 1910.

Kellogg, T. H., M.D. The Relation of Certain Extreme Emotional States to Insanity, *New York Medical Journal*, Oct. 14, 1905.

Manhattan School of Preventive Medicine, Manhattan Building, Chicago. Extension Lectures:

Beginning Insanity, Bayard Holmes, M.D.

The Conservation of Nerve Force, H. V. Halbert, M.D.

How Not to Be Sick and Nervous, George F. Nutler, M.D.

State Charities Aid Association, 105 E. Twenty-Second Street, New York.

Why Should Any One Go Insane? Homer Folks and E. L. Elwood.

Williams, Tom A., M.B., C.M.

(See Abnormal Children.)

## FRESH AIR, EXERCISE AND REST

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**Bergquist, Niles W.** Swedish Folk Dances. A. S. Barnes & Co., New York, 1910. 53 pp. Illustrated.

Music and full directions given. Suitable for use in schools.

**Collins, Joseph, M.D.** Sleep and the Sleepless. Sturgis & Walton, New York, 1912. 129 pp.

Practical suggestions.

**Crampton, C. Ward, M.D.** The Folk Dance Book. A. S. Barnes & Co., New York, 1912. ix-81 pp.

Directions and music for dances from different lands.

**Crawford, Caroline.** Folk Dances and Games. A. S. Barnes & Co., 1909. ix-82 pp. Illustrated.

Music and full directions. Folk customs represented.

**Dercum, F. X.** Rest. (System of Physiological Therapeutics, Vol. 8, Pt. I). P. Blakiston's Sons & Co., Philadelphia, 1903. viii. 17-158 pp. Index, 319-332.

Valuable and comprehensive treatment of the subject.

**Goldmark, Josephine.** Fatigue and Efficiency. Survey Associates Inc., New York, 1912. xiv-342. Index, 329-342. Illustrated.

A valuable book. Reasoning and conclusions of skilled observers.

**Gulick, Luther H., M.D.** Physical Education by Muscular Exercise. P. Blakiston's Sons & Co., Philadelphia, 1904. 67 pp. Index, 65-67. Illustrated.

Principles and practice of symmetrical muscular development.

**Hutchinson, Woods, M.D.** Exercise and Health. Outing Publishing Company, New York, 1911. 156 pp.

Sound advice in entertaining style. For general public.

**Johnson, George E.** Education by Plays and Games. Ginn & Co., New York, 1907. xiv-234 pp. Index, 229-234. Bibliography, 223-228.

A graded curriculum of games described and analyzed. For all ages.

**Lincoln, Jenette E. C.** The Festival Book. A. S. Barnes & Co., New York, 1912. x-74 pp. Index. Illustrated. Music. Diagrams.

Dances, revels and musical games for the playground, school and college.

**Macfie, Ronald Campbell.** Air and Health. Methuen & Co., London, 1909. vii-345 pp. Index, 329-345.

Subject fully discussed.

**Masters, Percival G.** A Rational System of Home Exercise. McBride, Nast & Co., New York, 1912. 144 pp. Illustrated.

Good and practical suggestions.

**Muller, J. P.** The Fresh Air Book. F. A. Stokes & Co., New York, 1910. 162 pp. Illustrated.

Advocates fresh air, frugal diet, bathing and rubbing.

**Parsons, Belle Ragnor.** Plays and Games for Indoors and Out. A. S. Barnes & Co., New York, 1910. x-215 pp. Illustrated.

Puts a vitalizing element of thought and play into gymnastic drills. Valuable directions for teachers.

**Sargent, D. A., M.D.** Education. Ginn & Co., Boston, 1906. 211 pp. Index, 301-311.

Shows necessity and value of proper athletic training.

**Tracy, S. E., R.N.** Studies in Invalid Occupation. Whitcomb & Barrows, Boston, 1910. 175 pp. Index, 173-175.

Invaluable practical suggestions for different ages and conditions.

#### Pamphlets, Circulars, Reprints

**Russell Sage Foundation, Department of Child Hygiene, 1**  
Madison Avenue, New York.

No. 4. What the Playground Can Do for Girls, Beulah Kennard.

No. 6. Winter Organization of Playgrounds, Arthur Leland.

No. 14. The Home Playground, Joseph Lee.

No. 15. The Playground a Necessary Accompaniment to Child Labor Restriction, E. W. Lord.

No. 21. Public Playgrounds and Juvenile Delinquency, Judge Ben B. Lindsay.

No. 26. The Relation of Playgrounds to Social Centers, George M. Forbes.

No. 32. Bibliography on Play, George E. Johnson.

No. 34. Why Teach a Child to Play? George E. Johnson.



# COMMUNICABLE DISEASES

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## *General Infection*

**Chapin, Charles V.** The Sources and Modes of Infection. J. Wiley & Sons, New York, 1912. xi-481 pp.

An important book of great interest for advanced readers.

**Doane, R. W., A.B.** Insects and Disease. Henry Holt & Co., New York, 1910. xiv-227 pp. Index, 223-227. Bibliography, 175-221. Illustrated.

Well-illustrated description of many kinds of disease-bearing insects.

**Doty, Alvah H., M.D.** Prevention of Infectious Diseases. D. Appleton & Co., New York, 1911. 281 pp. Index, 267-281.

Modes of infection, insect-carriers, quarantine rules, disinfection, etc.

**Howard, L. C.** The House-Fly: Disease Carrier. F. A. Stokes & Co., New York, 1911. xix-312 pp. Bibliography, 261-272. Illustrations.

The subject strongly and impressively treated.

**Ross, Edward Halford.** The Reduction of Domestic Flies. John Murray, London, 1913. viii-103 pp. Index. Illustrated.

Full of valuable information and suggestions.

## *Tuberculosis*

**Bardswell, Noel D., M.D.** Advice to Consumptives. Adam Charles Black, London, 1910. xv-144 pp. Index, 141-144.

Valuable general advice for convalescents, especially as to climate and opportunities in different countries.

**Billings, John S., Jr., M.D.** Handbook of Help for Persons Suffering from Pulmonary Tuberculosis. J. W. Pratt Company, New York, 1913. 94 pp. Index.

Practical general advice, also local directory for clinics, sanatoria, etc.

**Huber, John B., M.D.** Consumption and Civilization. J. B. Lippincott Company, Philadelphia. 1906. 536 pp. Index. 529-536. Bibliography. Illustrated.

A comprehensive study of great scientific and popular interest.

**Kingsley, Sherman C., Editor.** Open-Air Crusaders. The Lakeside Press, Chicago, 1911. 112 pp. Index, 11. Bibliography, 107-109. Illustrated.

A fascinating account of the first open-air school in Chicago.

**Klebs, Arnold C., M.D., Editor.** Tuberculosis: A Treatise by American authors. D. Appleton & Co., New York, 1909. xxx-939 pp. Index, 901-939. Bibliography, 861-902. Illustrated.

An important standard book on the subject.

**Knopf, S. Adolphus, M.D.** Pulmonary Tuberculosis: Its Modern Prophylaxis and Its Treatment. P. Blakiston's Son & Co., Philadelphia, 1899. 343 pp. Index, 333-343. Illustrated.

An important book. Thorough discussion of the subject.

Tuberculosis: A Preventable and Curable Disease. Moffat, Yard & Co., New York, 1909. xxxii-394. Index, 383-394.

One of the most important books on tuberculosis and its cure.

Tuberculosis as a Disease of the Masses and How to Combat It. F. P. Flori, 16 W. Ninety-Fifth Street, New York City, 1911. 124 pp. Index, 15-16. Bibliography, 123-124. Illustrated. International Prize Essay.

Excellent condensed information by an authority on the subject.

**Otis, Edward O.** The Great White Plague. T. Y. Crowell & Co., New York, 1909. xiii-321 pp. Index, viii-xiii.

The simple facts of tuberculosis given in popular form.

**Prudden, T. Mitchell, M.D.** Dust and Its Dangers. G. P. Putnam's Sons, New York, 1890. ix-111 pp. Index, 105-111. Illustrated.

Important information simply and clearly given.

### **Pamphlets, Circulars, Reprints**

**Department of Health, New York**

Circulars of Instruction on Contagious Diseases.

**Department of Public Health and Charities, Philadelphia.**

Household Care of Typhoid Fever.

**Doty, Alvah H., M.D.** The Extermination of Mosquitoes.  
*The American Journal of Medical Sciences*, February,  
1906.

**Macy, Mary Sutton, M.D.** Cholera and Typhoid. *Woman's  
Medical Journal*, Cincinnati, March, 1911.

**Williams, Anna W., M.D.** Hookworm, Malaria, Yellow Fever  
and Their Relation to the Health of American Citizens.  
*Woman's Medical Journal*, Cincinnati, April, 1910.

**Charity Organization Society**, 105 E. Twenty-Second Street,  
New York.

Committee on Prevention of Tuberculosis, 1908.

The Home Treatment of Tuberculosis in New York  
City.

**Russell Sage Foundation**, 1 Madison Avenue, New York City.

Department of Child Hygiene, Tuberculosis and the  
Public Schools, Luther H. Gulick, M.D.

**State Charities Aid Association**, 105 E. Twenty-Second Street,  
New York.

A Working Program for a Small City, O. H. Rogers,  
M.D.

**State Board of Charities and Corrections of Colorado**, Den-  
ver, Colo.

Health Resort Region Bulletin No. 2.

The Problem of the Indigent Tuberculous in the Health  
Resort Region.

**United States Labor Bureau**, Washington, D. C.

Bulletin Nos. 79, 82.

Mortality from Consumption in Dusty Trades, F. I.  
Hoffman, M.D.

## PURE FOODS AND DIGESTION

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**Bryant, Louise Stevens.** *School Feeding: Its History and Practice at Home and Abroad.* J. B. Lippincott & Co., Philadelphia, 1913. vii-345 pp. Charts, tables, diagrams, plates. "Annotated bibliography on school feeding." Comparison of menus and prices.

Excellent in scope and detail. Of value to any in charge of schoolchildren.

**Bryce, Alexander.** *Modern Theories of Diet.* Longmans, Green & Co., London and New York, 1912. xv-368 pp. Index. Extensive bibliography.

A very valuable book. One of the best authorities on the subject.

**Bulkley, L. D., M.D.** *Diet and Hygiene in Diseases of the Skin.* Paul B. Hoeber, New York, 1913. xiii-194 pp. Index. Bibliography.

Thorough discussion of a subject in clear, simple language.

**Conn, H. W., M.D.** *Bacteria, Yeasts and Molds in the Home.* Ginn & Co., Boston, 1912 (Revised edition.) vi-294 pp. Index, 287-293.

Good, practical, without technicality.

**Frankland, Mrs. Percy.** *Bacteria in Daily Life.* Longmans, Green & Co., London and New York, 1903. 216 pp. Index.

The elementary principles of bacteriology explained and discussed in popular style.

**Gibbs, Winifred Stuart.** *Good for the Invalid and Convalescent.* Macmillan Company, New York, 1912. x-81 pp. Tables and menus.

Excellent practical suggestions.

**Gouraud, F. X., M.D.** *What Shall We Eat?* Rebman Company, New York, 1911. xv-379 pp. Index, 375-379. Bibliography.

An excellent book for the general public.

**Grulee, Clifford Groselle.** *Infant-Feeding.* W. B. Saunders Company, Philadelphia, 1912. 295 pp. Detailed index.

Detailed discussion of subject.

**Hall, Winfield Scott, M.D.** *Nutrition and Dietetics.* D. Appleton & Co., New York, 1911. x-315 pp. Index, 301-315.



A careful study with dietaries for conditions of health and disease.

**Kerley, Charles Gilmore, M.D.** The Nutrition of School-children. Macmillan Company, New York. xxii. 43-64. Practical suggestions and menus.

**Lewis, H. E.** Diet for the Sick. American Medical Publishing Company, 1913. 160 pp. Index. Tables of Diet. Gives many formulas and good advice in readable style.

**Locke, Edwin A., M.D.** Food Values; Practical Tables for Use in Private Practice and Public Institutions. D. Appleton & Co., New York, 1911. 110 pp. Index, 101-110. Technical information in simple form suitable for everyday use.

**Lorand, Arnold, M.D.** Health and Longevity Through Rational Diet. F. A. Davis Company, 1912. x-416 pp. Index, 409-416. A very careful study of food from many standpoints.

**Murray, T. Allen, B.S.** The Economy of Food: A Popular Treatise on Nutrition, Food and Diet. D. Appleton & Co., New York, 1911. xii-253 pp. Index, 245-253. Illustrated. Tables. A careful study of the nutritive value of different food products, together with market prices.

**Poole, W. H., and Mrs.** Cookery for the Diabetic. Longmans, Green & Co., London and New York, 1909. vii-64 pp. Index, 61-64. Gives a varied dietary.

**Rosenau, N. J.** The Milk Question. Houghton, Mifflin & Co., New York, 1912. xiv-309 pp. Index, 303-309. Bibliography. 65 titles. A standard book of wide scope.

**Russell, Hon. R.** Strength and Diet. Longmans, Green & Co., London and New York, 1906. 649 pp. Index, 639-649. Diet of different nations and relation to health and development. Support of vegetarianism.

**Spargo, John.** The Common Sense of the Milk Question. Macmillan Company, New York, 1908. xiv-351 pp. Bibliography, 319-340. Illustrated. A detailed volume of reasoning in favor of "clean milk."

**Thompson, W. G., M.D.** Practical Dietetics. D. Appleton & Co., New York, 1909. xxii-802 pp. Index, 783-802.

An important book. Wide grasp of subject with much valuable information.

#### Pamphlets, Circulars, Reprints

**Lusk, Graham.** The Physiology and Chemistry of Digestion. *Woman's Medical Journal*, February, 1911.

**Pure Milk.** Leaflets furnished by State and City Health Departments and by Milk Commissions of County Medical Societies.

**Pure Water.** Leaflets furnished by State and City Boards of Health.

**United States Department of Agriculture, Washington, D. C.**  
Farmers' Bulletins:

No. 85. Fish as a Food, C. F. Langworthy, Ph.D.

No. 142. Principles of Nutrition and Nutritive Value of Food, W. D. Atwater, Ph.D.

No. 249. Cereal Breakfast Foods, Charles D. Woods and Harry Snyder.

No. 293. The Use of Fruit as a Food, C. F. Langworthy, Ph.D.

No. 298. Food Value of Corn and Corn Products, Charles D. Woods D.S.C.

No. 332. Nuts and Their Uses as a Food, M. E. Jaffa.

No. 363. The Use of Milk as a Food, R. D. Milner.

No. 375. The Care of Food in the Home, Mrs. Mary Hinman Abel.

Bulletin No. 708 contains a list of titles of all bulletins issued by the Department. To be obtained from the Superintendent of Public Documents, Washington, D. C.

## MISCELLANEOUS

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**Aitkens, Charlotte A.** *The Home Nurse's Handbook of Practical Nursing.* 276 pp. Index. Illustrated.

Excellent working reference book for all having care of the sick. Good as a manual for classes.

**Allen, William H.** *Civics and Health.* Ginn & Co., Boston, 1909. xi-411 pp. Index, 405-411. Illustrated.

An interesting and comprehensive study of the physical basis of effective citizenship.

**Atwater, Billings, Bowditch, Chittenden and Welch.** *Physiological Aspect of the Liquor Problem.* (2 vols.) Houghton Mifflin & Co., New York, 1903. Vol. I, xxii-306 pp. Vol. II, ii-379 pp. Index, 375-379. Bibliography, 372-374.

Exhaustive study of question from many standpoints.

**Brown, Bertha Millard.** *Health in Home and Town.* D. C. Heath & Co., New York, 1912. iv-298 pp. Index, 304-312. Bibliography, 299-306.

A book of wide range and great interest. Arranged with lists of questions for class work.

**Bosworth, Francke H., M.D.** *Taking Cold.* C. S. Davis, Detroit, Mich., 1891. 68 pp. Illustrated.

Importance of colds and simple preventives and curative measures.

**Coleman, Walter Moore.** *The People's Health: A Handbook of Sanitation and Hygiene for the Use of Schools.* Macmillan Company, New York, 1913. xi-307 pp. Illustrated.

Wide scope and interesting style. Lists of questions for schools.

**Cruikshank, Lewis D., M.D.** *School Clinics at Home and Abroad.* The National League for Physical Education and Improvement, London, 1913. 171 pp. Index, 169-171. Illustrated.

Valuable detailed descriptions and comparisons.

**Doty, Alvah H., M.D.** *Prompt Aid to the Injured: A Manual of Instruction in the Principles.* D. Appleton & Co., New York, 1912. xv-229 pp. Index, 223-229. Illustrated.

A standard book for civil and military use.

**Falmouth, K.** *Talks about Ourselves.* E. P. Dutton & Co., New York. 820 pp. Table of Contents.

For teachers of primary grades of young children.



**Godfrey, Hollis.** *The Health of the City.* Houghton, Mifflin & Co., New York. xvi-372 pp. Index, 365-372. Bibliography, 346-358.

**Goltra, John Nelson, M.D.** *Preventive Medicine in the Home.* (5 vols.). Tomlinson-Humes Co., Chicago, 1912. 1632 pp. Index, 1635-1681. Illustrated.

A plain treatise on hygiene, sanitation, prevention of sickness. Good advice on a very wide range of subjects.

**Gulick, Luther H., M.D., Editor.** *The Gulick Hygiene Series.* Ginn & Co., Boston, 1909.

**Jewett, F. G.** *Good Health.* 174 pp. Bibliography. Glossary.

**Gulick, C. V.** *Emergencies.* 171 pp. Index. Glossary.

**Jewett, F. G.** *Town and Country.* 278 pp. Bibliography, Index, Glossary.

**Jewett, F. G.** *The Body at Work.* 247 pp. Bibliography, Index, Glossary.

**Jewett, F. G.** *Control of the Body and Mind.* 269 pp. Bibliography, Index, Glossary.

A very excellent series. Supplied with lists of questions and intended for use in schools; also of interest as general reading for children.

**Herms, W. B.** *Malaria: Cause and Control.* Macmillan Company, New York, 1913. xi-163 pp. Bibliography. Illustrated.

Valuable practical suggestions and scientific facts.

**Horslye and Sturge.** *Alcohol and the Human Body.* Macmillan Company, New York, 1908. xxvii-374 pp. Index, 367-374. Bibliography. Illustrated.

Scientific facts presented in simple language. For students and general public.

**Hough, Theodore, and Sedgwick, William T.** *The Human Mechanism.* Ginn & Co., Boston, 1906. ix-564 pp. Index, 553-564. Illustrated.

An elementary compend of physiology, hygiene and sanitation.

**Hufton-Windust, Florence.** *Home Nursing and Hygiene.* A. & C. Black, London, 1908. viii-115 pp. Index, 8.

Very practical and detailed suggestions from the standpoint of a nurse's experience.

**Hutchinson, Woods, M.D.** *A Handbook of Health.* Houghton, Mifflin & Co., New York, 1913. xiii-348 pp. Index, Glossary. Illustrated.

A book for children.

*Common Diseases.* Houghton, Mifflin & Co., New York, 1913. 452 pp. Index, 439-452.



Common-sense considerations of health and hygiene in simple language.

Preventable Diseases. Houghton, Mifflin & Co., New York, 1909. vi-442 pp. Index.

Informal in style, but contains much valuable information.

**Lauffer, C. A., M.D.** Resuscitation. John Wiley & Sons, London, 1913. 47 pp.

The prone-pressure method described in popular terms for the general public.

**Lee, F. S., M.D.** Scientific Features of Modern Medicine. Columbia University Press, New York, 1911. vii-183 pp. Index, 177-183.

A clear-cut presentation of the subject in language suited to the average layman.

**Lippert, F. E., and Holmes A.** When to Send for the Doctor and What to Do before the Doctor Comes. J. B. Lippincott & Co., Philadelphia, 1913. 257 pp. Index. Illustrated.

Valuable as a text-book on sanitation, and because of popular style, is interesting and instructive to general public.

**Lorand, Arnold, M.D.** Old Age Deferred. F. A. Davis Co., Philadelphia and London, 1910. (Copyrighted in London.) xi-471 pp. Index, 459-471.

Interesting and valuable discussion of the subject.

**Macdonald, Isabel.** Home Nursing. Macmillan Company, New York, 1909. xv-326 pp. Illustrated.

Valuable practical directions.

**Millard, C. N.** The Building and Care of the Body. Macmillan Company, New York, 1910. 227 pp. Glossary. Illustrated.

Clearly and entertainingly written with frequent summaries and questions. Intended as a text-book for children.

**Morrow, Albert S., M.D.** The Immediate Care of the Injured. W. B. Saunders Company, Philadelphia, 1912. 354 pp. Index, 338-354. Illustrated.

An important book. Very valuable advice for students and laymen.

**Murray, Grace Peckham, M.D.** The Common Ills of Life. F. A. Stokes Company, New York, 1898. 59 pp. Index.

Sensible hygienic advice.

**Newsholme, Arthur.** The Declining Birth-Rate: Its National and International Importance. Moffat, Yard & Co., New York, 1911. 60 pp.

A discussion of causes and possibilities of action.

**Nostrums and Quackery.** Reprint from THE JOURNAL A. M. A., Chicago. 509 pp. Index, 501-509. Illustrated.  
An important exposure of frauds and impositions on the public.

**Ramaley, F., and Giffin, C. F.** Prevention and Control of Disease. F. Ramaley, Boulder, Colo., 1913. 386 pp. Index, 381-386. Illustrated.  
Valuable as a text-book on sanitation; also appeals to general public.

**Ritchie, John W.** Primer of Sanitation. World Book Company, Yonkers, N. Y., 1912. vi-200 pp. Index, 197-200. Illustrated.  
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